TABLE NO: [ ]

MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 3, 2015/2016

LEI 0067 – ADVANCED ENGLISH

(All Groups)

30 May 2016
9.00 a.m. – 11.00 a.m.
(2 Hours)

INSTRUCTIONS TO STUDENT

1. This question paper consists of **9** pages.
2. Answer **ALL** questions in **Section A and B**. Answer only **ONE** question from **Section C**.
3. Shade your answers for **Sections A** and **B (Question I & II)** in the OMR sheet, and answer **Section B (Question III)** and **Section C** in the Answer Booklet.

SECTION A: GRAMMAR & STRUCTURE [35 MARKS]
Instruction: Answer ALL questions.

Question I
Instructions: For questions 1-25, identify the BEST answer.

1. Twenty dollars _____ the price I have to pay for losing the library book.
   A. is
   B. are
   C. was
   D. were

2. Every one of the employees at the factory _____ what to do if the fire alarm rings.
   A. know
   B. knew
   C. known
   D. knows

3. The students _____ a little English before they came to Malaysia.
   A. studied
   B. had studied
   C. have studied
   D. will have studied

4. Those contract labourers _____ under the scorching hot sun every day.
   A. work
   B. worked
   C. are working
   D. have worked

5. Lydia lost her purse while she _____.
   A. shops
   B. shopped
   C. is shopping
   D. was shopping

6. By this time next week, I _____ on this project for twenty days.
   A. work
   B. worked
   C. will work
   D. will have been working

7. Every time I finished a sandcastle, the waves came in and _____ it away.
   A. wash
   B. washed
   C. will wash
   D. have washed

Continued...

8. If she _____ a nap, she would have gone to the bedroom.
   A. wants
   B. wanted
   C. will want
   D. had wanted

9. Next fall, we _____ all the vegetables we planted last spring.
   A. enjoy
   B. are enjoyed
   C. will be enjoying
   D. had been enjoying

10. For five generations, members of my family _____ doctors.
   A. had
   B. have
   C. had been
   D. have been

11. The boss_____ his retirement during the meeting yesterday.
   A. announced
   B. has announced
   C. had been announcing
   D. will have announced

12. We arranged _____ a taxi pick us up and take us to the airport.
   A. have
   B. having
   C. to have
   D. to having

13. Crying, the mother looked into the television camera and said, "Society will no longer tolerate _____ ."
   A. to drink and drive
   B. to drink and driving
   C. drinking and driving
   D. drinking and to drive

14. Max avoided _____ his mobile phone when other people were in the room.
   A. uses
   B. used
   C. using
   D. to use

15. Frank completed _____ the new barn last week. Next, he is going to paint it red.
   A. build
   B. building
   C. to build
   D. to building

Continued…

Instructions: For questions 16-25, identify the DEPENDENT CLAUSE.

16. It was very noisy in the Sweet Shop when Jim studied for his chemistry quiz.
    A. It was very noisy
    B. in the Sweet Shop when Jim studied
    C. when Jim studied for his chemistry quiz
    D. in the Sweet Shop when Jim studied for his chemistry quiz

17. If my mother knows about this, we are in serious trouble.
    A. about this, we are
    B. we are in serious trouble
    C. my mother knows about this
    D. If my mother knows about this

18. I would not have told your father about that party if you had warned me.
    A. I would not
    B. about that party
    C. you had warned me
    D. if you had warned me

19. She could drive her father's car when she was only fifteen.
    A. her father's car
    B. She could drive
    C. she was only fifteen
    D. when she was only fifteen

20. We would have caught our flight if we had arrived earlier.
    A. have caught our flight
    B. we had arrived earlier
    C. if we had arrived earlier
    D. We would have caught our flight

21. The fact that how rich I am should concern no one except me.
    A. no one except me
    B. The fact that how rich I am
    C. that how rich I am should concern
    D. I am should concern no one except me

22. Since I don't have enough money, I will not continue my study.
    A. continue my study
    B. I don't have enough money
    C. I will not continue my study
    D. Since I don't have enough money

23. Because I forgot the exam was today, I didn't study.
    A. I forgot
    B. I didn't study
    C. the exam was today, I didn't study
    D. Because I forgot the exam was today

Continued...

24. Diamonds, which all women adore, are very expensive.
    A. all women adore
    B. are very expensive
    C. which all women adore
    D. Diamonds, which all women adore

25. Whenever my teacher yells, I know she is having a bad day.
    A. she is having a bad day
    B. my teacher yells, I know
    C. Whenever my teacher yells
    D. I know she is having a bad day

(25 marks)

Question II
Instructions: For questions 26-35, identify the underlined option that is INCORRECT.

26. My grandfather, who lives (A) on a farm, saying (B) he would (C) teach me to ride a horse (D).

27. To made (A) the cookies (B), you must (C) add the flour (D) first.

28. The most (A) fun I had (B) on the trip was swim (C) in the ocean (D).

29. The boy while (A) shoes are (B) on the floor is (C) my little brother (D).

30. A huge rocks (A) fell on the windscreen when (B) he was driving (C) down the hilly area (D).

31. Once (A) Aldo finishes his (B) education, he had planned (C) to work in multinational company (D).

32. During the exam yesterday (A), it was (B) hard for me to concentrate because (C) the students next to me was talking (D).

33. I hope (A) the chef had cooked (B) enough pizza for my (C) guests by the time they (D) arrive later.

34. By (A) the time the show (B) is over, Marie would (C) have danced for 40 minutes (D).

35. Since (A) you were coming (B) over anyway, why (C) don't you bring (D) your bike?

(10 marks)

Continued...

SECTION B: READING COMPREHENSION & VOCABULARY [25 MARKS]

Instructions: Read the passage carefully and answer all the questions from 36-56. Shade your answers for questions 36-50 on the OMR sheet. Write your answers for questions 51-56 in the answer booklet.

Dangers of Teen Bodybuilding

1 As adolescent obesity is becoming more serious and epidemic, it may be a positive sign and a welcome relief to see teenagers put down the game controller and pick up some free weights. More **adolescents** (people under the age of 16) are starting to venture into the world of teen bodybuilding, hoping to change their bodies and show off a more muscular physique by the time they hit upper high school levels.

2 For many teenagers, their confidence and self-esteem is closely related to the proportions of their body. Those who are lesser developed are really suffering from feelings of low self-esteem and feeling out of place compared to their larger counterparts. While regular exercise is a healthy habit at any age, bodybuilding, which is one form of fitness training, can be **detrimental** and dangerous to a teen's health if practised incorrectly.

3 Since adolescent bodies are still developing, stressing the skeletal frame with excessive weight can be dangerous. Couple this with a restricted diet and inappropriate nutritional supplements, these practices can result in serious health **complications** such as hair loss, acne and headaches with the potential for lasting consequences. To avoid the negative effects of bodybuilding but still encourage teens to exercise regularly, teenagers should be educated about the dangers of doing excessive workout.

4 Teenagers who attempt to follow the fitness regimen of experienced bodybuilders are completely unreasonable. None of the experienced bodybuilders achieved their current strength overnight. Teens should read about how these athletes began their training, and how they gradually **augmented** their lifting regimen by doing more exercises to achieve their fitness goals.

5 Professional bodybuilders follow very specific diets that enable them to lean out while bulking up, and may even **dehydrate** themselves by not drinking and by flushing out water from their bodies before a competition to increase the visibility of muscle. However, for teenagers, none of these practices is recommended. Restricting caloric intake, loading up on protein, or eliminating carbohydrates are some of the examples of unsuitable diet programmes that can result in slowed growth and hormonal development. Rather than following a meal plan designed for advanced bodybuilders, it is far more beneficial to eat food from all food groups that contains a mix of healthy proteins, carbohydrates and dietary fats. They also should **eliminate** or get rid of processed foods and refined sugars.

6 Teenagers should not be attempting any **intricate** diet practices that can be very difficult to follow such as very low carb diets or calorie counting diets. Limiting the macronutrients at this time could rob their body of micronutrients (vitamins and minerals) that are needed for proper growth and development. Teenagers who engage in sports with an emphasis on caloric restriction and high energy expenditure are at the greatest risk for **retarded** growth, which means their growth becomes delayed.

Continued...

7 As hormone levels are high for teenagers, it should not be artificially altered. This means teenagers must stay away from common fitness supplements such as steroids which are known to cause heart disease, liver damage, depression and testicular atrophy.

8 It can be difficult to go through the **awkward** years when the body seems too thin or too heavy, especially when teens are surrounded by classmates who can be less than kind. It is essential to guide teens toward healthy diet and exercise habits so that they can achieve age-appropriate fitness goals, and see that their bodies will only continue to improve if they stick with a healthy lifestyle.

9 Talking teenagers out of a **rigorous** or strict bodybuilding regimen may not be easy but hopefully, when presented with potential consequences and healthy alternatives, they will begin to see that optimal fitness can take decades to achieve. If parents are still having problems communicating this message, consider hiring a personal trainer who specialises in youth fitness to help their teenage children get on the right track. It is important to know a few key points with regards to teen bodybuilding before jumping into the gym because if the program is not carried out in the correct manner, a number of problems could arise.

Adapted from Healthline (n.d.) Retrieved from http://www.healthline.com/health/

Question I

Instruction: For questions 36-45, identify the BEST meaning in context for each of the words in bold.

36. More **adolescents** (people under the age of 16) are starting to venture into the world of teen bodybuilding, hoping to change their bodies and show off a more muscular physique by the time they hit upper high school levels. (line 3)
    A. children
    B. teenagers
    C. old people
    D. young women

37. While regular exercise is a healthy habit at any age, bodybuilding, which is one form of fitness training, can be **detrimental** and dangerous to a teen's health if practised incorrectly. (line 11)
    A. useless
    B. helpless
    C. harmful
    D. ineffective

38. Couple this with a restricted diet and inappropriate nutritional supplements, these practices can result in serious health **complications** such as hair loss, acne and headaches with the potential for lasting consequences. (line 16)
    A. factors
    B. problems
    C. advantages
    D. emergencies

Continued...

39. Teens should read about how these athletes began their training, and how they gradually **augmented** their lifting regimen by doing more exercises to achieve their fitness goals. (line 23)
A. reduced
B. repeated
C. increased
D. decreased

40. Professional bodybuilders follow very specific diets that enable them to lean out while bulking up, and may even **dehydrate** themselves by not drinking and by flushing out water from their bodies before a competition to increase the visibility of muscle. (line 26)
A. dry out
B. warm up
C. cool down
D. calm down

41. They also should **eliminate** or get rid of processed foods and refined sugars. (line 34)
A. enable
B. accept
C. include
D. exclude

42. Teenagers should not be attempting any **intricate** diet practices that can be very difficult to follow such as very low carb diets or calorie counting diets. (line 36)
A. plain
B. heavy
C. obvious
D. complicated

43. Teenagers who engage in sports with an emphasis on caloric restriction and high energy expenditure are at the greatest risk for **retarded** growth, which means their growth becomes delayed. (line 41)
A. fast
B. slow
C. ideal
D. wrong

44. It can be difficult to go through the **awkward** years when the body seems too thin or too heavy, especially when teens are surrounded by classmates who can be less than kind. (line 47)
A. scary
B. failed
C. disoriented
D. uncomfortable

Continued...

45. Talking teenagers out of a **rigorous** or strict bodybuilding regimen may not be easy but hopefully, when presented with potential consequences and healthy alternatives, they will begin to see that optimal fitness can take decades to achieve. (line 53)
A. nice
B. cold
C. rigid
D. flexible

(10 marks)

Question II
Instruction: For questions 46 – 50, choose **A** if the statement is true, or **B** if the statement is false.

46. Teenagers whose bodies are proportionately developed have higher confidence and self-esteem as compared to those who are not.
A. True
B. False

47. Experienced bodybuilders achieved their current strength in a short time.
A. True
B. False

48. Teenagers who follow strict diets may be lacking in vital vitamins and minerals.
A. True
B. False

49. Teenagers' hormone levels can be altered when necessary.
A. True
B. False

50. A personal trainer can help teenagers achieve their target to get big muscles in a short period of time.
A. True
B. False

(5 marks)

Question III
Instruction: For questions 51–56, answer in COMPLETE sentences in the Answer Booklet.

51. Besides stressing the skeletal frame with excessive weight, what are two other practices that can result in serious health complications? (2 marks)

52. Explain the reason why some bodybuilders dehydrate themselves before a competition. (1 mark)

53. State two examples of inappropriate diet programmes that can slow down growth and hormonal development. (2 marks)

54. What kind of beneficial diet should teenagers eat? (2 marks)

Continued...

55. List four negative health effects of steroids on people. (2 marks)

56. How can parents educate their teen children who follow rigorous exercise regime and bring them on the right track? (1 mark)

(10 marks)

SECTION C: WRITING [40 MARKS]

Instruction: Choose ONE of the topics below and write a five-paragraph essay of 300-350 words.

1. Online dating should replace the traditional way of meeting life partner in person. What is your view on this?

2. College going students should not be allowed to work part time as it brings more harm than good. Discuss.

3. In today's society, parents influence a student's choice of course in higher education. What are the most common effects of parental influence on the choice of study?

4. Teenagers suffer from excessive amount of stress. What are the causes of stress among teenagers?

End of paper